Hepatitis C Treatment: Taking Care Physically

October 4, 2017 By Connie M. Welch

Drink lots of pure water. Being well hydrated especially while on treatment is very important. If you are experiencing a metal taste, try filtered water. That can help diminish a metal taste. Drinking good water helps flush toxins out of your body, especially if you in treatment for Hep C or in recovery from treatment. Don't drink alcohol of any kind, this will take away from healing your liver.

Be nourished by good nutritious food not junk. Eat as many fruits and vegetables as possible. These are high in antioxidants that are good for your immune system. If possible try a new healthy recipe this week. Take good vitamins, especially Vitamin C (helps boost immune system) and B Vitamins (good for energy production).

Rest is good and needed but too much can make you feel weak. If possible, try to do something for at least 10 to 15 minutes of low impact exercise. Talk a short walk if weather permits. Get out into the sunshine. Concentrate on boosting not depleting your body. If needed, try to adjust your work hours. You need a healthy balance of normalcy in your day but also take the time to rest.

Try to keep up with basic household activities, washing, cleaning, and cooking. Do what you can, even if it is one of those days where all you can do is a little, then a little is good. Being proactive in a routine is good for the body and the mind. Don't concentrate on what you can't do, concentrate on what you CAN DO. If you are doing Hep C treatment, be mindful not to focus on how you feel at the moment, focus beyond the temporary. You will get through this! Focus your attention not on negative, depleting issues, but what is positive, good and uplifting. It makes a huge difference to you physically.

Encouragement from God's Word

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us. Ephesians 3:20 NIV

A heart at peace gives life to the body. Proverbs 14:30 NIV

A cheerful look brings joy to the heart, and good news gives health to the bones. Proverbs 15:30 NIV

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they

will run and not grow weary, they will walk and not be faint. Isaiah 40:31 NIV

And let us not grow weary while doing good, for in due season we shall reap, if we do not lose heart. Galatians 6:9 NIV

Lord, I lift my eyes to You and ask for strength. I trust you to bring me through this day. Help me to get the things done that I need to do and not to worry about what is left. Give me wisdom, peace and patience in this progress. Help me to remember this is one step, one day at a time. Help me not to focus on the things I cannot do, but to focus on what I can do. In Jesus name, Amen.

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